

Winston

MASCAR

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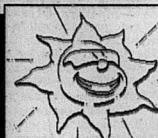


Thursday, July 23, 1998

Western Palm Beach County's Hometown Newspaper Since 1923

Volume 75 Number 27

Lake Level
14.58 feet
above sea level
July 21, 1998



Sun Spots

Dinner and Fashion Show

The public is invited to the Glades Branch of the NAACP Benefit Dinner and Fashion Show on Saturday, Aug. 1 at the Belle Glade Civic Center.

The civic center is located at 725 N.W. 4th Street, Belle Glade and the event will be from 8 p.m. to midnight.

Donation for this event is \$10. Tickets can be purchased by calling Marvin Glover at 996-8008.

Job Fair is set for Friday

Are you looking for a rewarding career?

If so, you are invited to a Job Fair on Friday, July 24 from 9 a.m. to 2 p.m. at St. Mary Catholic Church, 1200 East Main Street, Pahokee.

The following businesses will participate in the Job Fair: Federal Express, St. Mary's Medical Center, Adelco Cable, Coco Cola Bottling Company, United Parcel Services, Alliant Food Services, Sysco Foods, Wackenhut Correctional Institution, First Union Bank and National Bank.

Shots offered

The C.L. Brumback Health Center will be offering immunization services on Saturday, August 15 from 8 a.m. to 2 p.m.

The health department is located at 3875 State Road 80, Belle Glade. No appointments are needed but parents or guardians should bring their child's immunization records.

For more information, contact Janet Lewis, ARNP at 996-1800.

Mr. Funnybones at local libraries
As part of an Ezra Jack Keats grant, children's entertainers,

50¢

Belle Glade homeowners can look for higher tax bill

By Brenda Bunting

Editor

Homeowners in Belle Glade can expect their tax bill to be a little higher in November. Belle Glade Commissioners voted Monday night to assess a fee to homeowners and businesses to help defer the cost of stormwater improvement projects.

The fee was tentatively set at \$54 per homeowner. Businesses will pay according to their square footage.

Mayor Steve Weeks said federal and state mandates have required the city to improve stormwater runoff from land draining into the city's system. The city is responsible for holding water before it goes into local

canals. To do this, the city will build catchment areas for runoff. The total project is estimated at over \$15 million. The South Florida Conservancy District has provided the city with \$1 million towards the cost of the project.

Mayor Weeks says that in addition to the tax assessment, there is a possibility of a bond issue to help raise the money for the project.

The city will send out notices within the next week to let homeowners and businesses know about the tax increase. An estimated 2,121 residential homes will be billed and a total of over 5,000 units and businesses. The city expects to bring in about

\$275,000 this year to help pay for the improvements.

"We want the public to be totally informed about what's going to happen," Mayor Weeks said.

Vice Mayor Bill Mathis said his concern is that residents will get the notice next week but will

trash it without reading the information. "Some people won't understand this," he said. "They won't even read the bill."

Commissioner Daniel Bythwood urged the group handling the project for the city, *Lindahl, Browning, Ferrari & Hellstrom, Inc.*, to make a point to go to local churches and civic organizations to let residents know about the rate assessment.

A public hearing on the assessment will be held Aug. 17 at Belle Glade City Hall. For more information call 996-0100.

Victim comes out of coma, fingers girlfriend in shooting

A man who was shot point-blank in the chest with a 9mm pistol on July 4 came out of a medically-induced coma this week.

He was able to tell police that his girlfriend, Valerie Hall, 21, of 224 S.W. Sixth Street, Belle Glade shot him.

Belle Glade Det. Eddy Lindor said Jean Bonhomme, 25, and Hall got into an argument outside the Hollywood Lounge on Sixth Street, when Hall shot him.

Hall was arrested and confessed to the shooting.

She was charged with attempted second degree murder and is being held in the West County Detention Center under bond.

Sanon remains in critical condition at St. Mary's.

Sanon was taken to St. Mary's Medical Center by Trauma Hawk where hospital officials said the single bullet struck six major organs in Sanon's body.

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Sexual predator moves to new location in town

Belle Glade Police want residents to be aware that a convicted sexual predator has moved to a new location in Belle Glade.

James Henry Pittman, 26, has moved to 612 Southwest Avenue E, Apt. 6, Belle Glade. In May of this year, Circuit Court Judge Michael Miller adjudged Pittman as a sexual predator after Pittman was convicted on a July 13, 1975 charge of attempted sexual battery on a child under 12 years of age.

Lt. Lee Kielman with the Belle Glade Police Department said his department is complying with a new law passed by the Florida Legislature effective July 1, 1998 that requires notification to local day care facilities that a sexual predator is living within a one mile

radius of the facility. He said all the local day care centers were given notice and a photograph of Pittman, who is a black male, 5'11", weighing 187 pounds. He has a tattoo on his right arm that says "Cool J."



James Henry Pittman

THANKS A MILLION... Pahokee Mayor Alvis Davis presents a plaque of appreciation to Tracey Peters, senior legislative assistant to Sen. Tom Rossin. Mayor Davis said the City of Pahokee is appreciative of the assistance Sen. Rossin has given to the city, including helping the city obtain funding for new and ongoing projects. Mayor Davis also presented a plaque of appreciation to State Rep. Addie Greene, District 84, for her ongoing support of the town.

Rep. Addie Greene announces bid for fourth term in House

State Representative Addie L. Greene made official this week her decision to run for a third term as state legislator. Representative Greene filed earlier this week with the State of Florida for House of Representatives, District 84.

During her three terms in the Florida State Legislature, Rep. Greene says her accomplishments reflect her life-long commitment to the community. She cites these accomplishments as funding toward improvements in education, health programs, and environmental causes. She works as an instructor of Communications and College Preparatory Reading at Palm Beach Community College and says she stays connected to her community and constituents through her legislative newsletters and by serving and the Second Vice President of Home Safe in Lake



Addie L. Greene

Worth.

"I promised I would not be one of those cut-of-sight, out-of-mind politicians and forgot my people back home when I'm in Tallahassee. Much work has

been done since 1992, and much more work needs to be done. I want to finish the work I have set out to do for all of us," Rep. Greene said.

The recipient of many awards, in the past two years Rep. Greene was awarded the Citizenship Award, Omega Psi Phi Fraternity (1998); the Friends of Educators Award, Classroom Teacher's Association (1997) and the 1996-1997 Public Service Award from Suncoast Chamber of Commerce.

She moved to South Florida in 1965 after receiving a B.S. degree in business education from Stillman College in Alabama. In 1973, Representative Greene earned a Master's Degree in English from Florida A & M.

Rep. Greene maintains an office in Pahokee at the Pahokee Chamber of Commerce building.

• Save Our Rivers •

By TWILA VALENTINE

In the tenth part of this series, we continue looking at the individual projects contained in this planning document. It is the South Florida Water Management District's 1998 Land Acquisition and Management Plan.

It includes the individual projects planned which cover the district's 16-county area.

Revenues for land acquisition were set up in the Water Management Lands Trust Fund. Some of those lands are purchased with Preservation 2000 funds. Both of those funds are administered by the

Florida Department of Environmental Protection.

• Fisheating Creek

This is an extensive riverine swamp system flowing through Glades County. The creek and its headwaters form an extensive watershed covering hundreds of square miles. The district hopes to acquire 43,872 acres for this project under the SOR program.

Some seven years ago, the district governing board approved a boundary revision, adding nearly 15,000 acres to the project. This new area included a large freshwater marsh and low pine flatwoods,

which buffer the riverine swamp corridor.

This is the only free-flowing tributary coming into Lake Okeechobee and its meandering runs and associated flood-

wetlands defined by the limits of this project are in a relatively undisturbed state. Habitat types include cypress sloughs, mixed hardwood swamp forest, emergent marshes, willow thickets and open water ponds and runs.

Use by wading birds is very heavy, including endangered wood storks, white ibis and great egrets. When stage in Lake Okeechobee, are high, Fisheating Creek serves as an important feeding area for birds, which normally use the lake marshes.

Restoration requirements would be minimal, as most of the property is in its natural

Tenth in a series

plain have peak discharge during heavy storm events and are important for the improvement to the water quality before it enters Lake Okeechobee.

Much of the uplands and

state. A prescribed burning program would be necessary to maintain appropriate species diversity in the plant communities and to reduce the potential for harmful wild fires. It would be necessary to target the removal of noxious aquatic weeds from the lakes and creek channel to facilitate canoeing and fishing.

Continued livestock grazing would be a likely condition to acquisition of the property and would necessitate the development of an approved program by the United States Department of Agriculture Soil Conservation Service in consulta-

See RIVERB1

Only God knows the answer

By Mike Lyons

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While Florida ranks third in tornado frequency in the United States, most of our twisters are weak, with winds less than 100 mph. An F3 tornado is rare in Florida. It's the kind of twister more likely to be found

Pest and disease detection efforts being made at ports of entry

The U.S. Senate has approved spending \$2 million to strengthen pest and disease detection efforts at the country's airports and seaports, thanks to the team work of U.S. Senators Bob Graham and Connie Mack and Florida Citrus Mutual, said Mutual Executive Vice President/CEO Bob F. McKown.

Senators passed the extra funding as an amendment to the agricultural appropriations budget. Mutual is urging the Florida Delegation and the Clinton Administration to maintain the "measure" in the conference committee report.

The extra money will help the U.S. Department of Agriculture (USDA) and state agriculture departments stop the importation of plant material carrying non-indemic pests and diseases.

"Florida's three separate Mediterranean fruit fly infestations in Highlands, Lake and



MIKE LYONS

in Texas, Oklahoma or Kansas.

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• Save Our Rivers •

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• Okaloacoochee Slough

The district has purchased 21,000 acres of this 31,720 acre project site. It straddles the county lines between Hendry and Collier counties. It's anticipated that CARL will acquire the remaining acres.

Last year, the district amended the boundary of the project to include 1,920 acres that are the primary flowway for water moving from district-owned land in Okaloacoochee Slough to other private land in Collier County.

Sawgrass slough in the water areas, with a fringe of hydric hammock and wet flatwoods dominate the three sections under consideration.

The property is currently in use as native range pasture and is very well managed. These lands would be acquired only as a conservation easement. Under the proposed conditions of the lease, the landowners would be allowed to continue native range grazing, with no pasture improvement or fertilization allowed. They would be permitted to

continue leasing the property for hunting. Continued prescribed burning and exotic treatment programs will be requirements of the lease.

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The entire project contains more than 12,000 acres of largely undisturbed wetlands, which are surrounded by oak and cabbage palm-dominated hydric hammocks.

Public access is very limited because of the deep sloughs that dominate the property.

Clewiston principal says gangs not a problem

By KATRINA ELSKEN

CONTRIBUTING EDITOR

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"They say they aren't gang members," she said. "We are able to identify them by their actions."

She said problems at school are not that common.

"Most of it happens outside the school," she explained. "They're pretty much declared school neutral ground."

The "groups" of students have not yet reached the point of hard-core violence, she said, but they're headed that way.

"It's pretty obvious that if they continue what they're doing, it will reach that point," she said.

The leaders are former students, 19 and 20 years old, she explained. They try to come on

campus and school officials try to keep them off. The student parking lot is locked at all times with the gates only open to let cars enter before school and leave after school. The other parking lot is open to the public.

"If we have any reason to think there will be a problem, we close the gate," she said.

The situation has actually improved in recent years, she said, because the students who were the leaders and troublemakers are no longer in school.

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"I understand Andrew blew the gangs in here," she said.

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Problems that start in the community sometimes spill over onto school grounds.

The principal said she heard there was a fight at the county fair. The next week at school, there was a fight that was obviously planned, she said. A group of students with an outside leader were "sucker-punching" certain other students. Law enforcement was called in and it was all over in about 10 minutes, she said.

"The rest of the day was quiet," she added.

Some ninth graders appear to be gang "wanna-be's," she said. They can be more dangerous than the older students because they are doing things to try to get attention.

Traditional gang-style clothing is not a problem at the school, she said. "The school does not allow hats or headgear, except for students who

are working outside on agricultural projects.

"The biggest problem I see is they wear the same color clothes," she said. "And it's not the same color every day."

"If I come in and see groups of kids standing together and wearing the same color, I know something is up," she said.

Other students who might not be involved but have the bad luck to wear that color by accident "had better stay out of somebody's way," she said.

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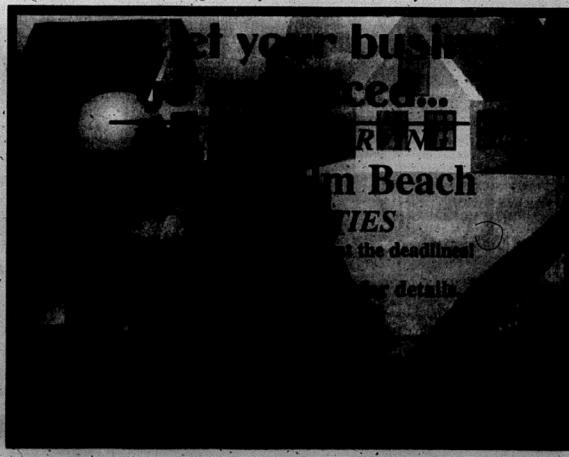
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at ya!**

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*Offer good from Ford on select vehicles only. Financing offer with approval from Ford Credit.

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*Payment based on a 36-month closed-end lease with approval from Ford Credit. Some payments higher, some lower. First month's payment, \$2,999 down payment plus tax, tag and \$250 refundable security deposit due at inception. Total of payments: \$13,638. Option to purchase at lease end: \$18,904. 12,000 miles per year, \$15 per mile thereafter. Leasee responsible for excessive wear and tear. Offer good on select models only.



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Crimestoppers



Cory Westly Burkes

Crime Stoppers of Palm Beach County, Inc., is asking citizens to help locate **Cory Westly Burkes**, who is wanted for violation of probation on charges of grand theft and domestic battery and for failure to appear on charges of driving with a suspended, canceled or revoked license.

Burkes is a black male, 5' 11", weighing 145 pounds. He has black hair and brown eyes and a gold front tooth. His date of birth is August 19,

1977.

His Social Security Number is 262-81-4409. His last known address was 932 37th Street, West Palm Beach. His last occupation was as a dishwasher. His warrant was active as of July 17, 1998.

If you know the whereabouts of Burkes, or anyone involved in a serious crime, call Crime Stoppers at 1-800-458-8477. You can remain anonymous and still receive a cash reward if your tip leads to an arrest.

Pahokee Police Department arrest blotter

The Pahokee Police Department made 13 arrests this week, the week of July 13-19.

Those arrested included:

July 13 - Juvenile, 15, lewd assault.

July 14 - Lamonte Danley, 36, petty theft; Vincent O. Davis, 30, warrants for failure to appear on charges of retail theft and driving while license suspended and obstructing an officer without violence;

Michael Boldin, 38, warrants for failure to appear on charges of driving while license suspended and contempt of court.

July 15 - Kevin Smith, 21, possession of an alcoholic beverage while operating a motor vehicle; Erem Crawford, 26, warrant for strong arm robbery; Michael Police, 22, possession of an alcoholic beverage in a motor vehicle.

July 16 - Juvenile, 16, lewd assault; Sharon Atkins, 24, burglary of an auto and petty theft.

July 17 - No arrests made.

July 18 - Charles Freeman, Jr., 35, warrant for failure to appear.

July 19 - Tony Boldin, 21, domestic battery and criminal mischief; Jerome Powell, 49, felony retail theft.

South Bay Police Department arrest blotter

The South Bay Police Department made three arrests the week of July 12-18. They also gave 76 citations, 28 written warnings, handled 9 offenses, five initial reports, 62 misc. incidents and two

accidents.

Those arrested included:

July 12 - Leon Bennett, 24, violation of conditions of release.

July 13 - No arrests made.

July 14 - Curtis Jones, 49, field, 29, obstruction by disguise.

battery.

July 15 - No arrests made.

July 16 - No arrests made.

July 17 - No arrests made.

July 18 - Sharon D. Mansfield, 29, obstruction by disguise.

Belle Glade Police Department arrest blotter

The Belle Glade Police Department handled 665 complaints, worked 8 crime scenes and gave 23 traffic citations the week of July 13-19.

Those arrested included:

July 13 - Lamar Campbell, 28, failure to appear, robbery and petty theft; Lashawanda Donaldson, 20, failure to appear; Juvenile, 12, grand theft and two counts of auto burglary; Juvenile, 13, grand theft and two counts of auto burglary; Jaime Gutierrez, 35, carrying a concealed firearm.

July 14 - Emanuel Bienaimé, 21, aggravated domestic assault with a firearm; Leslie Gomez, 44, retail theft; Juvenile, 15, contempt of court.

July 15 - Rymal John, 25, aggravated assault with a deadly weapon, battery and

violation of probation; Ricky Albritton, Jr., 21, opposing and obstructing justice.

July 16 - Ronnie Hanna, 36, trespassing; Juvenile, 17, resisting an officer without violence; Leroy Freeman, 47, failure to appear; Willie Mae Arnold, 41, retail theft.

July 17 - Thomas Chaney, 60, driving under the influence.

July 18 - Douglas Stokes, 38, aggravated domestic battery; Randall Charles Bryant, 24, armed robbery of a business, petty theft and

grand theft; Eric Lee Beckford, 38, contempt of court.

July 19 - Kenneth Rumph, 34, burglary of an occupied dwelling, dealing in stolen property and petty theft.

Editors note: The police news in this newspaper lists arrests, not convictions, unless otherwise stated. Arrested persons who later are found not guilty or have had the charges against them dropped are welcome to let us know. We will confirm the information and print it.

MARTIAL ARTS

**REGISTRATION
Tuesday, Aug. 11
6:30 p.m. - 8:00 p.m.**



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For additional information call the Hazardous Waste Hotline 561-697-2700 or 930-2727 (toll free).

Not for commercial businesses



Sun Spots

BRIEFS/From I

"Mr. Funnybones" will be presenting a program on Monday, July 27 at 1 p.m. at the Belle Glade Branch Library and at 2:30 p.m. at the South Bay Branch Library. These programs are for children ages 3-7 and are free.

For more information, please call the Belle Glade Branch Library at 996-3453.

held in Room 122.

For additional information call the Florida Department of Revenue at 561-640-2800.

Head Start accepting children

Belle Glade Family and Children Services, PEPPi Head Start Program is now accepting applications for three and four year old children.

All children are welcome to attend, including children with disabilities and there are no fees.

The center is located at 200 S.W. 9th Street, Belle Glade. For more information, call Tammy Kyles or Barbara Green at 996-1718.

Poll Workers needed

Supervisor of Elections, Theresa LePore, is looking for poll workers in the Glades to work in the upcoming fall elections.

If you are a registered voter in Palm Beach County, have your own transportation, and are physically able to work a 14-hour day, this may be for you. Poll workers are needed

to work in many areas of the county.

Each poll workers is a part of the important process by which we Americans select our leaders and have a voice in our government," said Ms. LePore.

Please call 561-355-2650 and ask for extension 0217 to have a poll worker brochure or application mailed to you.

Crafters sought

The Glades Guild is looking for some new crafters and artists to display their work in the Glades General Store at Glades Unity Plaza, 425 West Canal Street North, Belle Glade.

There is no charge for this service. When the artwork or crafts are sold, the crafter then gets their money. To participate in the Glades General Store call Dorothy at 992-9500.

Free transportation

The Division of Senior Services will be providing medical transportation from the Glades area to Royal Palm Beach, Wellington and West Palm Beach for those persons who are 60 and over.

Please call Effie McNair at the Senior Services Center, Monday through Friday between 8 a.m. and 5 p.m. or call 561-233-0400.

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Frances Hand (left), Chairperson of the Board of the Bank of Belle Glade and (right) W.W. Mikell President of the Bank congratulate Gary Goggans (center) upon his new appointment as Assistant Vice President of the Bank of Belle Glade.

Gary Goggans of Belle Glade has been appointed Assistant Vice President of the Bank of Belle Glade

Gary Goggans of Belle Glade has been appointed Assistant Vice President of the Bank of Belle Glade. The appointment was announced jointly by Frances R. Hand, Chairperson of the Bank and Bank President W. Wayne Mikell.

Goggans will serve in the bank's customer service department. Prior to joining

the Bank of Belle Glade, Goggans previous banking experience includes positions with Duval Federal Savings and Loan Association and Everglades Federal Credit Union.

Goggans is President of the Belle Glade Chamber of Commerce and also serves as President of the Belle Glade Rotary Club.

Goggans resides in Belle Glade with his wife Irma and three children.

The Bank of Belle Glade has been a community leader in Western Palm Beach County for over thirty five years offering a wide variety of deposit and loan services including consumer loans, residential and commercial mortgages.

Baker-Congleton wedding plans announced for August

Mr. & Mrs. Gary T. Baker, 1998.

The ceremony will take place at First Baptist Church, Belle Glade. No local invitations are being sent, but all friends and

relatives are cordially invited to attend.

Reception will immediately follow in the church Fellowship Hall.

MILITARY NEWS

Navy Seaman Rafael A. Romero, son of Rafael and Christina A. Romero of Belle Glade, has departed on a six-month deployment to the Mediterranean Sea and Arabian Gulf with the amphibious assault ship and flagship USS Saipan.

Romero is one of more than 2,900 Marines and Sailors who departed their home port of Norfolk, Va., aboard the lead ship of the amphibious assault ship USS Saipan.

The USS Saipan ARG and its embarked Marines present a formidable U.S. presence which can provide a rapid response in times of

crisis. With helicopters, conventional landing craft and high speed air cushioned assault craft, Sailors and Marines like Romero can conduct a variety of missions, from reconnaissance and amphibious assaults to evacuating civilians and providing humanitarian aid.

The 1995 graduate of Glades Central Community High School joined the Navy in July 1997.



Sergio Alvarado co-owner of B&S Flooring, Inc.

B & S Flooring opens in Belle Glade

There's a new business in town!

B & S Flooring, Inc. owned by brothers, Bismarck and Sergio Alvarado, has carpets, vinyl, tile, linoleum, marble and verticals in many styles and colors.

The Alvarado brothers relocated to Belle Glade from Miami five months ago to open up their business.

"Our prices are unbeatable and we give free estimates. Give us a call," says Sergio.

B & S Flooring, Inc. is opened Tuesday through Saturday from 9:00 a.m. to 7 p.m.

It's great to have new businesses in our community. Call *The Sun* for coverage on your new business.



(L to R) Jeannette Corbett, President and CEO, Quantum Foundation; with Scott Huffman, executive director of the Foster Parents Association of Palm Beach County, and Tim Henderson, Program Development Officer, Quantum Foundation.

Quantum Foundation presents checks to grant recipients

The administration of nine non-for-profit organizations in Palm Beach County gathered in the offices of the Quantum Foundation recently to receive funds awarded to their respec-

tive programs or initiatives by Quantum, Palm Beach County's largest charitable organization with assets of approximately \$150 million.

Quantum celebrated its first anniversary of grant-giving at the end of June. The foundation, formed in 1995 by the sale of JFK Medical Center in Atlantic to Columbia/HCA, provided more than \$7 million to Palm Beach County organizations over the past 12 months. The grant funded pro-

grams and initiatives in the areas of health, education and community betterment.

In the above photo, Quantum's President and CEO, Jeannette M. Corbett, presents a check to Scott Huffman, executive director of the Foster Parents Association of Palm Beach County, for \$14,000 to fund a teen pregnancy prevention program.

For more information on the Quantum Foundation, call (561) 832-7497.

Obituaries

Lois Giddens Mullis, age 87, of Pahokee, died Friday, July 10, 1998, at her residence.

A native of Ringgold, Louisiana, she was born on August 11, 1910, daughter of the late Henry and Louella Davis Giddens. For many years she was employed in nursing, first at the old hospital on East Main Street. She later served as Director of Housekeeping at the new Everglades Memorial Hospital on Barfield Highway. She was a past president of the Pahokee Woman's Club. She was preceded in death by her husband Lloyd Mullis on April 2, 1982. She was also preceded in death by her brothers Oliver Giddens and Oswald Giddens and a sister - Ruby McGinty.

Surviving are: two nieces, one nephew, many cousins, and a step-son, Tim Mullis.

The funeral service was conducted Tuesday, July 14, at the graveside in Port Mayaca Cemetery. The Rev. Bill Dever, pastor, John Dever, son of the late Mrs. Nazarene, Pahokee, officiated.

The James A. Bennett Funeral Home, Pahokee, had

charge of the arrangements.

Roy Braxton Parr, age 70, of Belle Glade, passed away July 8, 1998. He was buried in Moultrie, Georgia on Friday, July 10.

In the early 1960s, Roy came to the Glades from Alabama. He worked for Glade & Grove for 28 years as a mechanic and retired in 1990 at the age of 62.

He is survived by his wife, Mary Lois; brothers - Athel and Otha Parr; sister - Arlene Prescott; brother-in-law - Tony Myers; sister-in-law - Eula Mae Myers; sons - Bill Norman, Leonard Parr, Mike Trammell, and Chris Parr; daughters - Tammy Hewitt and Tom Phillips; grandchildren - Shuan Norman, Nickey Winn, Shannon Norman, Misty Norman, Stacy Normell, B.J. Spires, Christi Trammell, Frankie Brady, Joshua Mills, Mike Trammell, Dandy Parr, Melandy Parr; great-grandchildren - Jason Norman, Lisa Winn, Justin Norman, Silas Winn, Christian Winn, Darianne Spires, and Hannah Trammell.

CHURCH DIRECTORY

Local To Local Houses of Worship

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Bernie Olson - Pastor

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Glen Hart - Minister

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Rev. Bert Brownning

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Cholesterol: the good, the bad and the confusing

These days I think you need a computer to keep up with the latest in nutrition information.

A few years ago, researchers scared everyone with horror tales about cholesterol.

Then we heard that not all cholesterol is bad and that some can actually be good for you.

Cholesterol is a type of animal fat. It is used by the body to manufacture estrogen and testosterone, vitamin D, bile, skin oils and nerve and brain

cells sheath. Cholesterol is manufactured by the liver. The human liver normally manufactures about 1,000 milligrams of cholesterol each day.

According to "Low Fat Living," by Dr. Robert Cooper and Leslie Cooper, there are actually three types of cholesterol.

HDL or high-density lipoprotein is the type referred to as "good" cholesterol. It draws cholesterol away from the coronary arteries and transports it

elsewhere.

LDL or low-density lipoprotein is the "bad" kind. A high LDL level increases the chance of heart disease. According to "Low Fat Living," LDL teams up with other bloodborne chemicals and adheres to the walls of coronary arteries contributing to the formation of an artery-clogging substance. The higher the LDL level in the blood, the higher the risk of heart disease.

Then there's VLDL or very-low-density lipoprotein. This type of cholesterol is manufactured by the liver to transport fatty substances through the body. VLDL also transports

LDL so the higher the VLDL level, the more LDL the liver can produce. So it can contribute to higher levels of the "bad" kind.

According to the American Heart Association, an ideal total serum cholesterol reading is 200 milligrams per deciliter. A reading of 200 to 239 is borderline. Anything over 240 is considered "at risk."

It is possible for a person to have too little cholesterol. According to "The Nutrition Bible," researchers now believe that people with cholesterol levels below 160 are at greater risk for liver cancer and brain

hemorrhage.

Association also suggests limiting total cholesterol intake to no more than 300 mg a day.

"The Nutrition Bible" by Jean Anderson and Barbara Deskins, states that food high in saturated fats do more to raise the "bad" cholesterol levels than do foods high in cholesterol. Lifestyle factors can also be more important than cholesterol intake. Obesity, cigarette-smoking, steroid use and sedentary lifestyle also cause the body to increase production of "bad" cholesterol.

The authors suggest avoiding saturated animal fats, such as

See Cholesterol...page 9.



Katrina Elksen,
Contributing Editor

CHILDREN'S CLINIC Taskin U. Haque, M.D.



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Celebrity trainer for Madonna and others offers summer shape-up advice

(NAPS)—With summer quickly approaching, millions of Americans will undertake exercise and diet plans to get into shape. How do you achieve the well-toned physique of an international icon? Madonna's personal trainer, Ray Kybartas, knows how. Dedication and passion.

Kybartas, one of Hollywood's most respected and sought-after personal trainers, has found that most people who begin exercise programs constantly focus on immediate results. Instead, he encourages people to develop a passion for the health and fitness process. Only then can results including weight loss be sustained.

"Being committed and passionate about a change in lifestyle is the only way to assure success," said Kybartas. "While summer is the springboard for many people to think about fitness and health, there are no quick fixes."

With that in mind, Kybartas offers the following advice for increased fitness and improved

health that not only kicks off a summer shape up program but



Ray Kybartas, one of Hollywood's most respected and sought after personal trainers, and Madonna training during the "Girle Show Tour" in Israel, 1993.

extends well beyond.

1. Be a "Three Minute Diet Maker"—Lack of motivation is often the biggest

hurdle to working out. When you don't feel like working out, try exercising for just three minutes. That's only 180 seconds! Within the first few minutes, endorphins will kick in, providing a boost of energy and excitement.

2. Eat More Fruits and Vegetables

For years, people have tried slimming down by overloading on complex carbohydrates such as bread, pasta and cereal. Instead eat more favorable carbohydrates like fruits and vegetables, which result in sustained energy and burning fat instead of sugars. And with all of the delicious and exotic summer fruits available, it's easy to start incorporating this habit into your life.

3. Eat Small Meals

Don't skip meals and don't consume more than 600 calories per meal if you are trying to lose weight. The healthiest diet consists of smaller meals supplemented with healthy snacks. This will keep you from feeling hungry and binging on unhealthy foods. I

always recommend that my clients keep healthy snacks, such as Balance Bars, handy in their purse, desk or car. An all-natural and great-tasting snack, Balance Bars provide important nutrients such as protein, carbohydrates and fats.

4. Work Out With A Friend

Often referred to as "the pod man's trainer," a workout partner can be your greatest asset. By surrounding yourself with people who have the same wants and needs, you will find the additional encouragement you need to be successful in your quest for fitness and health.

5. Drink Plenty Of Water

Drinking plenty of water will help control your food intake. Also, if the body doesn't get enough water, it will retain it, leaving you feeling bloated and heavier. Finally, sufficient water helps to metabolize fat and keeps the metabolism process going.

6. Put It In Writing—Keep track of your diet and exercise.

See Shape-up...page 9.

Avoid These Common Eye Care Blunders

(NAPS)—According to a recent eye care survey, most Americans may be making the wrong choices when it comes to treating common eye care problems.

Although an estimated 62 million households have people who suffer from eye ailments, up to 64 percent of the consumers surveyed use eye care products that optometrists do not recommend for their specific eye care needs.

According to the survey, 63 percent of consumers have experienced various eye ailments, including burning eyes, itchy eyes, dry eyes, tired eyes and watery eyes during the past six months. Although 74 percent knew there were different products to treat distinct problems, most only use an eye drop to take the red cut.

In a survey of 100 optometrists, the doctors report that nearly one half of

their patients mistreat common eye irritations with an eye redness reliever. We want consumers to treat and relieve their symptoms correctly, instead of masking them," said Jeff McLean, Vice President of Lens Care Marketing for Bausch & Lomb, which sponsored the survey.

To help consumers correctly use eye care treatments available over-the-counter, Bausch & Lomb offers the following eye care tips:

• Eyes irritated by allergies require an antihistamine to relieve itching. Causes: seasonal or chronic reaction to allergens such as pollen, dust, animal hair or ragweed.

• Dry eyes require a formula that moisturizes and replenishes natural tears, relieves discomfort and protects against further irritation. Causes: aging, menopause, dry environment, computer use, some medications.

• General eye irritation requires a sterile solution to flush the eyes as needed. Causes: chlorine or foreign objects such as dirt, dust, or stray eyelashes.

• Redness is a symptom that something else is wrong with your eyes. Consult your eye doctor for the proper treatment.

One way to take care of your eyes every day is to send away for the free Bausch & Lomb Guide to General Eye Care. Write to Bausch & Lomb Eye Care, 150 Broadway, 25th Floor, New York, NY 10036 or visit the website at www.bauscheyecare.com.

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Cholesterol...continued from page 8.

butter, and the tropical oils coconut, palm and palm kernel.

The best fats to use for cooking are oils high in monounsaturated fatty acids because these raise the "good" cholesterol levels. The best is olive oil. Canola and peanut oil are also good. Since each of these oils has a different flavor, the trio provided plenty of variety for cooking. Olive oil is good for cooking vegetables, dishes with Italian spices. Canola oil can be used in baking or sweet dishes. Peanut oil lends itself well to Oriental dishes.

Nutrition experts used to promote polyunsaturated oils as healthy, but recent research indicates these may increase the chance of cancer. So stick with the olive oil.

You might see some foods

advertised as "cholesterol free." But you don't have to buy any fancy diet products to find foods that have no cholesterol. You could put that label on the entire produce section of the local supermarket. Plants have NO cholesterol. Cholesterol is animal fat.

To lower the "bad" and raise the "good" cholesterol levels, "The Nutrition Bible" also suggests losing weight, swearing off cigarettes and taking lots of vitamin C.

And those who enjoy an occasional alcoholic drink, you might want to note that consuming one alcoholic beverage per day can raise your "good" cholesterol level. That's one drink. There is no health benefit from additional consumption.

Dramatic News About Diabetes

By Dr. Stanley Feld, MACE

(NAPS)—Dramatic news about diabetes has many patients and doctors excited. New studies show that diabetes patients who learn to better control their blood sugar can achieve impressive success.

Remarkably, diabetes patients who practiced what is known as a system of intensive diabetes self-management had a 48 percent lower death rate than diabetes patients who relied on traditional therapy.

If all of the 16 million to 18 million Americans with diabetes did the same thing, they could on average cut diabetes complications by more than 50 percent; delay the onset of complications 15 years, and live five years longer.

Intensive diabetes self-management is a system of care where each patient follows a program of nutrition, exercise, medication and self-monitoring with the guidance of a physician-led team. It is an extension of medical therapy.

How can a diabetic patient act today to take advantage of this proven approach? A national campaign is spreading the good news. Patients First '98: You Can Do It! is a public education initiative of the American Association of

Clinical Endocrinologists (AAEC), the national association representing physicians who specialize in diabetes and other endocrine disorders.

AAEC strongly supports the public awareness efforts of all other major diabetes organizations. It also welcomes the new drugs and technologies now available to fight the growing diabetes epidemic.

For these new drugs and technologies to do their job, however, the patient needs to take control of the disease through a system of intensive diabetes self-management.

For a free brochure, call 1-800-5-SUGAR or visit the website at www.aace.com. You'll get a patient-physician contract, pledging you and your physician to follow a system of intensive diabetes self-management.

Dr. Stanley Feld, MACE, is a former president of the American Association of Clinical Endocrinologists (AAEC) and chairman of Patients First '98: You Can Do It! The newly released clinical data mentioned in this article were compiled in separate studies by Dr. Feld and Dr. Richard Hellman, FACE, of AAEC.

Shape-up...continued from page 8.

habit in writing to help keep your mind focused on health and fitness. It will help you track your successes and areas in need of improvement. Be sure to acknowledge even the small successes and reward yourself—it's a great way to motivate continued adherence to your new health and fitness philosophy.

7. **Very Your Workout!**—When it comes to exercise, "Variety is the spice of life." With Madonna, we vary workouts, such as a balanced combination of biking, running, swimming and weight training. "The important thing is the variety and adapting it to my lifestyle," wrote Madonna. Variety helps you to stay motivated.

8. **Get Outdoors!**—Take advantage of the great summer weather, and move outdoors. Enjoy activities which get you outside, such as swimming, inline skating, running and padding. There is no reason to be stuck in the gym looking at a

wall or staring out a window while the sun is shining.

"While this advice may seem elementary, most people don't dedicate themselves to these basic principles," said Kybaras. "With these initial steps, you will be well underway toward a healthy lifestyle and generating the shape-up results you want."

Kybaras' clientele includes luminaries such as Madonna, Sean Penn, Tatium O'Neal and Matthew Sweet. The February issue of Entertainment Weekly called his book, "Fitness is Religion—Keep the Faith" their "Winner of the Week." The Washington Post refers to Kybaras as "one of America's hottest fitness gurus."

Balance Bars and 40-30-30 Balance Drink Mixes are owned and marketed by the Balance Bar Company, based in Carpinteria, California. The Company is a leader in nutritional foods, a \$17 billion industry.

Some People Put Their Teeth in Odd Places...



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2ND ANNUAL VOYAGER ADVENTURE CAMP



SUNPHOTOS by Phillip Korn
Children at Pioneer Park Elementary School participated in the 2nd Annual Voyager Program activities. The final day of the program these kindergartners gave a presentation singing "I Believe I Can Fly" with interpretive signing.



These little ones also participated in the singing as well as making hand motions to the song "I Believe I Can Fly." Mrs. Culum, Mrs. Moorer, Ms. Bryant, Ms. McFadden and Ms. Green-Johnson are the kindergarten sponsors and helped these children to prepare the presentation.



Throughout the day children took turns taking a seat in the dunking booth. These girls are anxious to see their friend get dunked.

Amaryllis Gardens celebrates "Fun Day"

On July 11, 1998, the residents, maintenance staff and resident manager Diane Thompson, of Amaryllis Gardens Apartments, a 44 unit, farm-worker housing complex in the City of Pahokee, celebrated its 3rd Annual Fun Day.

The Fun Day is an all day planned barbecue, games and time of relaxing for the residents of Amaryllis Gardens, their family and friends. The day was extra special for two of the residents, Patricia Hill and Bob Tomlin, it was their birthday.

As stated by the resident manager, "We do work and conduct business all year, this day is set aside in appreciation of my residents. This day enables us to get to know each other and to share a different relationship. I love all of my residents dearly



Resident manager, Diane Thompson takes a break for the camera.

and only wish there was more that I could do to show my sincere appreciation."

To all the residents who made Fun Day a huge success, Thompson says, "Thank you. We hope to have a bigger event next year."

The residents and staff of Amaryllis Gardens would like to thank Mervyn Carey, Maintenance staff, Hunter's Ice House, City of Pahokee Recreation Department, Pahokee Police Department and NOAH Development Corporation for purchasing the dunk tank. Also, thanks to Foodland Groceries and Burger King of Pahokee.

"We are looking forward to next year's event and hope everyone can come out for this joyous occasion," say Thompson.



These guys enjoyed playing basketball all day. Any future Michael Jordan's?



Residents at Amaryllis Gardens enjoyed the day relaxing with friends and family.



In Memory of Our Loved One
Toranio Donnell Jackson
7/29/75 - 8/25/97

You never said I'm leaving.
You never said goodbye.
You were gone before we knew it,
And only God knows why.
A million times we needed you,
A million times we cried.
If love alone could have saved you;
You never would have died.
In life we loved you dearly,
In death we love you still.



In our hearts you hold a place,
That no one could ever fill.
It broke our hearts to lose you,
But you didn't go alone.
For part of us went with you,
The day God took you home.
HAPPY 23RD BIRTHDAY
Forever in our hearts,
Mom, Dad,
Sisters, Brothers and Kids



James Johnson and Buck Thomas (not shown) were the famous cooks of the day.



These children are in line to take their chance at the dunk tank. Who will be next to go under?

MATCH POINT

Always keep a shovel, rake and water nearby when burning debris.

REMEMBER, ONLY YOU CAN PREVENT FOREST FIRES.

A Public Service of the SCDIA Forest Service
National Association of State Foresters

Rajendran named to
Dean's
List at BU

Pam Rajendran, a resident of Belle Glade, has recently been named to the dean's list at Boston University for the spring semester.

Boston University is the third largest independent university in the United States, with an enrollment of nearly 30,000 students in its 15 schools and colleges. The University offers an exceptional grounding in the liberal arts, a broad range of programs in the arts, engineering, science and professional areas, and state-of-the-art facilities for teaching and research.

Located in the heart of a city rich in cultural and intellectual attractions, the University is one of the nation's preeminent institutions of higher learning.

Lake Shore Middle School registration dates

August 6
Noon - 7:30 p.m. - Lake Shore Middle School Media Center
(south campus)

August 7
Noon - 3 p.m. - Lake Shore Middle School Media Center
(south campus)
4-7:30 p.m. - Glades Glen Campus for Living
4-7:30 p.m. - Okeechobee Center, 6 Everglades Street
4-7:30 p.m. - Rosenwald Elementary

August 11
4-7:30 p.m. - Pioneer Park
4-7:30 p.m. - Osceola Park, 1175 NW Ave. L Terrace

August 12-13
Noon - 3 p.m. - Lake Shore Middle School, Appointment only.
7th & 8th grades call 983-4046.
6th grade call (361) 983-4053

* All students must be accompanied by an adult 18 years of age or older. To expedite the registration process, please bring all of the required documentation. All health forms must be the originals (NO photocopies will be accepted.)

School Brief

* School uniforms will not be required for the 1998-99 school year at Lake Shore Middle School, however there will be strictly enforced dress code. Students will receive a copy of the dress code on the first day of school as well as information pertaining to the Back to School Night (Open House). If there are any further questions, please contact the school at (361) 983-4046.

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On the average weekday, 78.2 million adults read the newspaper; on an average Sunday, 91 million do.*

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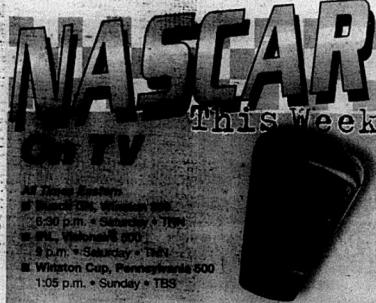
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Radio stations usually stay with a basic format, such as country or rock music or talk, so their audiences are limited to those fans. But newspapers reach both men and women and adults of all ages.

Newspaper ads are favored by 55% of the people - compared to 26% of the people who favor radio ads as the place to find the best buys on products they want and need.



THE WINSTON CUP CIRCUIT

WINSTON CUP SERIES
COMING UP: Pennsylvania 500
WHERE: Pocono International Raceway,
Long Pond, Pa.

WHEN: Sunday, July 26
DEFENDING CHAMPION: Dale Jarrett
EVENT QUALIFYING RECORD: Mark Martin, Ford, 168.410 mph, July 20, 1996

RACE RECORD: Rusty Wallace, Ford, 144.892 mph, July 21, 1996

OTHER FORMER WINNERS: Team Hendrick has won more races at Pocono than anyone with seven victories. The driver leaders are Darrell Waltrip and the late Tim Richmond, both ex-Hendrick drivers, with four victories each.

BUSCH GRAND NATIONAL
COMING UP: LYCOS.COM 300
WHERE: South Boston (Va.) Speedway

ALMOST HOME COOKING

If you get a chance for some other spectator sports, don't miss Dodge Stadium, the last reasonably priced major league baseball park. The best seat in the house costs \$14, and don't miss the Dodger Dog, the last reasonably priced ballpark hot dog. Alas, since Rupert Murdoch now owns the team, this won't last for long. Get 'em while they're hot!

WHEN: Saturday, July 25
DEFENDING CHAMPION: Randy LaJoie
TRACK QUALIFYING RECORD: David Green, Chevrolet, 92.921 mph,

July 16, 1994.

RACE RECORD: Todd Bodine, Chevrolet, 70.785 mph, June 8, 1996.

OTHER FORMER WINNERS: Virginia Torrey Ellis won seven times at the 400-mile track, the most recent in 1989. Sam Ard and Jack Ingram each won five times, and Tommy Houston and Larry Pearson each had three victories.

CRAFTSMAN TRUCK SERIES

COMING UP: Tempus Resorts 300
WHERE: Pike Peak International Raceway, Fountain, Colo.

WHEN: Saturday, July 25
DEFENDING CHAMPION: First race NOTABLE: This mile track is located south of Colorado Springs on Interstate 25. The track is D-shaped, with 10-degree banking in the corners.

PROFILE

Mike Skinner



Mike Skinner talks strategy with a crew member during a break. John Clark/NASCAR This Week

By Monte Dutton

NASCAR This Week

Mike Skinner, the first champion in the history of the Craftsman Truck Series, has not yet managed to attain similar success in the Winston Cup Series.

Driving a second Chevrolet for Richard Childress, Skinner did manage to win rookie-of-the-year honors, despite going through the season without a top-five finish. He won two poles, however, and at the end of the year was invited to the team's annual Ron the Suzuki Thunder Special demonstration race in Japan.

Skinner has been performing despite injury problems for most of this season, but he got the first top-five finish of his Cup career recently at New Hampshire International Raceway.

HOMETOWN: Born in Ontario, Calif., raised in Susanville, Calif., lives in Sophia, N.C.

AGE: 31

SPOUSE: Beth

CHILDREN: Jamie (20), Dustin (13)

CAR: No. 31 Lowe's Chevrolet

Monte Carlo, owned by Richard Childress.

CAREER RECORD: 60 starts, 2 poles, 0 wins, 1 top five, 5 top 10's, more than \$1.5 million in career earnings.

RECENTLY KEVIN HAMLIN AND LARRY McREYNOLDS SWITCHED PLACES, WITH

McREYNOLDS BECOMING CREW CHIEF OF YOUR CAR. WHAT HAPPENED THERE?

"Kevin Hamlin and I were great friends. We always got along. We worked well together. It got to a point where our ideas on the car were getting much alike. We didn't have very much to draw from. You always think if you think alike that's real good. Sometimes I think we thought so much alike it might have hurt us. Larry (McReynolds) has really brought a lot of depth. He's great at calling the race. He talks to me almost every lap. He splits hairs. He's the kind of guy I'd have loved to had him for my rookie year. I think he probably could have helped me out of a lot of the trouble I

managed to get in."

WHAT'S IT LIKE BEING DALE EARNHARDT'S TEAM-MATE? "I don't know where it goes ... NASCAR has several contingency plans that reward drivers for performance in a variety of areas. Teams that are on these planes receive a certain share of the purse each time they participate in the race. These plans were devised to encourage teams to run the full circuit and to reward a consistently high level of performance. That's why the eligible teams often make more money than some other teams that finish ahead of them. In addition, contingency awards are donated by certain companies, and are handed out to the highest finishing car(s) that use that company's product. This also affects the product. This also affects the

winning.

Dear NASCAR This Week,

Jeff Gordon showed his true colors after the Richmond crash with Rusty Wallace. There were several incidents in 1997 that cost Dale Jarrett the championship, yet he always smiled and took it on the chin. Although I am a diehard No. 3 RCR fan, I have the utmost respect for Dale Jarrett.

Quinton Hollis
Maitland, Fla.

If you've got a question or a comment, write: **NASCAR This Week Your Turn**, c/o The Good Gazette, 2500 E. Franklin Blvd., Gastonia, N.C. 28054

CREW OF THE WEEK

■ Jack Sprague's victory in the California SuperTruck race was his eighth on a superspeedway, and the team Hendrick crew, led by Dennis Connor, once again proved its superiority over other competitors on large layouts.

TRIVIA

- What is the hometown and headquarters of the Wood Brothers?
- Who won the first NASCAR race at Michigan Speedway?
- What U.S. president invited a delegation of stock car racers to the White House?

ANSWERS
1. Lumberton, N.C.
2. Lee Petty
3. Franklin D. Roosevelt

AROUND THE GARAGE

Raceway offers fans chance to ride track with Pearson

By Monte Dutton

NASCAR This Week

Darlington Raceway is offering the Dale Pearson Darlington Riding Experience, a chance for fans to tour the 1.366-mile track as a passenger with Pearson, the track's winningest driver.

The package will feature a minimum of three laps around the 1.366-mile oval, a photograph with the three-time NASCAR Winston Cup Series Champion and a certificate of participation.

Fans will ride in a special car inside a 3,500-pound stock car. The program will be by reservation only, and further details will be announced at a later date.

"I'm not racing competitively anymore, and I'm too young to retire," quipped Pearson, a Spartanburg, S.C., native. "I've always enjoyed racing at Darlington because it's such a special place, and it's my home track."

Pearson noted a record 10 triumphs at the track, along with 12 pole positions, another Darlington record.

D.W.'S DRIVE IN THE PARK: Darrell Waltrip pilots the No. 1 Pennzoil Monte Carlo for the final time on July 28 when he returns to Pocono International Raceway, where he finished sixth in June.

The Pocono race will be the only race of the year for him and his Dale Earnhardt

Inc. team visit twice during their brief stint together as the three-time Winston Cup champion substitute for the injured Steve Park. Park, who drove in a three-way test session at Indianapolis on July 13 through 15, will race the Pennzoil Monte Carlo at Indianapolis when Waltrip returns to the No. 17 car.

Waltrip, a three-time Winston Cup champion, moved from 40th to 24th in driver points since joining the Pennzoil team at Bristol on March 29. DEI has moved from 44th to 29th in owner standings in same time period. In the last nine races, Waltrip has earned the eighth most points of all drivers and the second most

points of all Chevrolet drivers.

SURPRISE SURPRISE: Though Charlotte is considered too small to be stock car racing's unofficial capital, Indy cars actually raced there first.

Before there was such a thing as stock car races, Indy cars raced in Charlotte on a 1.25-mile board track, with 35-degree banked turns off South Boulevard near Pineville. The first race was on Oct. 23, 1924, and was won by Tommy Milton in a Miller. The 200-lap race was run at an average speed of 118.17 mph.

Racing ceased at the facility after the track deteriorated in 1927. Road construction after

July 16, 1994.

RACE RECORD: Todd Bodine, Chevrolet, 70.785 mph, June 8, 1996.

OTHER FORMER WINNERS: Virginia Torrey Ellis won seven times at the 400-mile track, the most recent in 1989. Sam Ard and Jack Ingram each won five times, and Tommy Houston and Larry Pearson each had three victories.

CRAFTSMAN TRUCK SERIES

COMING UP: Tempus Resorts 300
WHERE: Pike Peak International Raceway, Fountain, Colo.

WHEN: Saturday, July 25
DEFENDING CHAMPION: First race NOTABLE: This mile track is located south of Colorado Springs on Interstate 25. The track is D-shaped, with 10-degree banking in the corners.

POINTS STANDINGS

	WINSTON CUP	BUSCH	TRUCK
1. Jeff Gordon	2,627	1. Jack Sprague, 1,949	
2. Mark Martin	2,475	2. Matt Kenseth, 2,666	2. Ron Hornaday, 1,908
3. Dale Jarrett	2,429	3. M. McLaughlin, 2,590	3. Joe Ruttman, 1,789
4. Dale Blaney	2,300	4. Jeff Burton, 2,500	4. Mike Skinner, 1,789
5. Rusty Wallace	2,307	5. Eldon Sawyer, 2,242	5. Tony Raines, 1,618
6. Bobby Labonte	2,305	6. Tim Fedewa, 2,225	6. Stacy Compton, 1,568
7. Terry Labonte	2,216	7. Buckshot Jones, 2,213	7. Randy Tolman, 1,503
8. Dale Botts	2,133	8. Phil Parsons, 2,203	8. Mike Wallace, 1,476
9. Jimmy Spencer	1,968	9. Elliott Sadler, 2,146	9. Rick Cavall, 1,457
10. Dale Earnhardt	1,961	10. Herbie Sadler, 2,145	10. Bryan Reffner, 1,457

FEUD OF THE WEEK

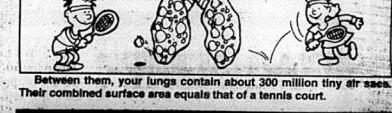
Lake Speed vs. Harry Melling

After more than three years together, Speed suddenly resigned as driver and general manager of Melling's team, offering no explanation. Did Lake resign in order to avoid being fired? Could he see the writing on the wall?

NASCAR This Week writer Monte Dutton gives his opinion: "This one is hard to figure. The team had been having a rough year, but Speed has been known to make unpredictable moves



before, as in 1994, when Bud Moore and Ford were happy with his performance. At Watkins Glen, he quit, and no one saw it coming."



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Fan Tips

Pocono's famous bad traffic has been alleviated by several new road construction, but don't think you can drive over at 10 a.m. and cruise right into the parking lot. Come early and be prepared to stay late.

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STK#P3414A

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STK#P20473

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STK#P2461

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\$13,995

STK#P10505A

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\$14,995

STK#P2473

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STK#P18590A

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LOADED, LOW MILES, FACTORY WARRANTY

\$14,995

STK#P20467A

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LOADED, P/WINDOWS/LS, TILT, CRUISE, 1.5K MILES, STK#C2047A

\$15,995

STK#C2047A

'97 FORD CROWN VICTORIA

8K MILES, P/WINDOWS/LS, TILT, CRUISE, STK#C2027A

\$16,995

STK#C2027A

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AUTO, P/WINDOWS/LS, TILT, CRUISE, 17K MILES

\$17,995

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Dealer retains rebates and incentives. All advertised prices plus tax, tag and title with approved credit. *Lease based on 36 months with \$3,101.03 due at inception with approved credit. All trade-vehicle payoff is the responsibility of the purchaser. Not to be used in conjunction with any other advertised offer. Prices do not apply to prior negotiated transactions. [†]Used car prices reflect \$3000 minimum trade. Dealer not responsible for typographical errors. Artwork for illustration purposes only.

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On the career track: Learn the lingo for more success

terms.

The Connected Economy—While computers have been proliferating in offices and homes for two decades, it's only now that they are being used less for crunching numbers and more for electronically connecting products, people, companies and countries to each other.

Economic Web—No business is

an island. Managers must understand how their firm's success is inter-linked with all kinds of different entities—many outside their control.

Free Agents—The distinction between employer and employee is being erased as individuals participate more directly in the economy. As the ranks of independent consul-

tants, freelancers, and temps grow, managing GM will become more like managing the Detroit Tigers—or to use a consultant's buzz phrase: like herding cats.

Intangibles—The value of firms is increasingly driven by factors that can't be seen, touched, and measured. Things like employee talent, brand image, and customer satisfac-

tion far outweigh physical assets like land, plant, and equipment.

Offers—The old distinction between products and services can't be sustained. To succeed in today's market, firms must assemble offers that combine the benefits of both.

Exchanges—Traditional, arms-length transactions between buyers and sellers are giving way to richer exchanges—not just of cash for product, but also of valuable information and even emotion.

Blur: The Speed of Change in the Connected Economy is published by Addison-Wesley but because the book has become a best-seller, it's a good idea to phone a bookstore to put aside a copy for you before shopping.

Phone:
561-996-4404

FAX:
561-996-2209

Automotive

CARS FOR \$1.00? Let crime pay for your Police/IRS seized cars, boats, truck, office equipment ... auctioned to highest bidder! Call for auction list, 800-972-5213, ext. 470. FCAN. 7/23

Palm Beach County
School District
AUCTION

Monday, August 3, 9 AM
Central Bus Compound
3376 Summit Blvd.

West Palm Beach

(4 qty) 1990, (32 qty) 1989, (4 qty) 1988, (1) 1987 - 29, & 45 & 65 Pass. School Buses, some w/lifts, 88 IT Utility Truck, 91 Aerostar, 86 Jimmy, (3) 86 GMC Utility Trucks, 86 GMC Cargo Van, 85 Chevy Utility Truck, 84 Blazer, 84 Chevy Van, 85 GMC Van, 83 Ford Van. Register 8-9 auction day.

Jim Graham Auction Co.
561-841-7181
AU300AB1521

Business Opportunities

SIGN FRANCHISE has a well established location for sale. Must sell immediately. Full training and local support office. Financing avail. 800-286-8671. 7/30

LOCAL CANNY ROUTE, 30 vending machines. Earn approx. \$800/day. All for \$9995. Call 800-999-VEND. FCAN. 7/23

OWN YOUR OWN ONE PRICE drycleaners. Excellent locations, financing, advertising, training. OSHA and EPA state of the art equipment. Call for our package. 800-949-6016. FCAN. 7/23

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Commercial Property

FOR LEASE: APRX. 2100 sq. ft. Air conditioned open space w/BA and large office area. Reasonable lease rate. Located at 25 St Avenue E. BG. Call Joe Alderman, 561-996-4500. 8/6

Homes for Sale

PUBLISHERS NOTICE: All rental and real estate advertising in The Sun is subject to the Federal Fair Housing law which makes it illegal to advertise any preference, limitation or discrimination based on race, color, religion, sex, handicap, familial status or national origin or any intention to make such preference, limitation or discrimination. In addition, the Palm Beach County Fair Housing

Classifieds

HENDRY REGIONAL MEDICAL Center Job line. For employment inquiries, call 941-902-3085. EOE. tnf

LITERACY AMERICORPS

MEMBER: Earn \$ and pay for college while helping teach people to read. 40 hrs./wk. Living allowance of \$8340-\$10,340. Education award of \$4725. Health care. Child care (if eligible). Start date: Sept. 1. Must be 18 or over. Call Literacy Coalition now for an application between 9-5 weekdays, 800-273-1030. 7/30

TRUCK DRIVER TRAINEES NEEDED! Covenant Transport has immediate openings for entry level drivers. Earn 37K-42K. No experience needed. Training provided with TDI. 800-350-7364. FCAN. 7/23

AIR FORCE TRAINING, experience and education can help you reach your goals. Find out more. For a free information package, call 800-423-USAF. FCAN. 7/23

BACKHOE OPS NEEDED for construction company. Job in Loxahatchee area. Min. 5 yrs. exp. canal excavation/bank paving. EOE/DFWP. 954-418-0733. 7/30

Maintenance POSITION available. Full charge maintenance person. experience AC, elec., painting, plumbing, etc. Competitive salary. Apply to Big Lake Housing, 260 S. Barfield Hwy., Pahokee. 561-924-5561. 7/30

ASSISTANT RESTAURANT MANAGER

Immediate opening for highly motivated, responsible individual. Must like take care of others. If you are friendly, hardworking, neat and ambitious, and committed to providing excellent customer service, we are looking for you. We will train. Fast food experience helpful. We offer excellent compensation package starting at \$18,000/year. Send resume to: Southern Management Corp., 324 W. Main, Belle Glade, FL 33430. Attn: Rod Ehlinger.

ASSEMBLE ARTS, CRAFTS, toys, jewelry, wood items, typing, sewing, computer work from home in your spare time. Great pay. Free details, 800-632-8007, 24 hrs. (FEE). FCAN. 7/23

CASE MANAGERS for adults and children. BA degree in one of the Social Sciences and a desire to work directly with clients. Excellent benefits. Salary: \$22,000. Send

resume to: M. Ward, West County Mental Health Clinic, 1024 NW Avenue D, Belle Glade, FL 33430. 7/23

PERSONAL TOYS & GIFTS

has openings for party demonstrators & managers. Home decor, gifts, toys, Christmas. Earn cash, trips, recognition. Free catalog information, 800-488-4875. FCAN. 7/23

CNA'S: GLADES HEALTH

Center is accepting applications for CNA's on all shifts. Top wages, paid vacation & holidays. Training programs. Join a top notch team in long term care. Apply at: Glades Health Care Center, 230 South Barfield Hwy., Pahokee, 561-924-5561. 7/23

NOW HIRING

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MUST BE CERTIFIED

FOOD TECH.

Apply in person

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Belle Glade

CLEWISTON HEALTH CARE CENTER is seeking CNAs for all shifts for full time and part time positions. We offer free uniforms, tuition reimbursement, new wages, growth opportunities and a family atmosphere. New graduates are encouraged to apply. Contact Alma Miracle at 941-983-5123. 7/23

EARN MONEY READING BOOKS! \$300.00 yr. income potential. Details, 800-513-4434, ext. Y1616. FCAN. 7/23

OPPORTUNITIES AVAILABLE FOR FEMALES: Train

for check, job placement assistance provided. U.S. Dept. of Labor Program. Call 800-733-JOBS. FCAN. 7/23

DRIVER...SWIFT TRANSPORTATION now hiring tractor trailer drivers! CDL training available. Excellent pay & benefits, rider programs, consistent miles, job stability. 800-644-2257. (eo-e/m/f). FCAN. 7/23

Drivers Wanted

Start at \$5.00 per hour, earn up to \$10 an hour, best mileage reimbursement in the industry, flexible hours, fun environment, opportunity for advancement. Drivers must be 18 or older, have dependable safe vehicle, satisfactory driving record and proof of insurance. Apply at:

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For busy dealership. Heavy collision preferred. Must have own tools. Top Pay & Benefits. An Auto Nations Company.

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Call Mike Sobel
(561) 992-9700

ARE YOU LOOKING TO RELOCATE? Wanted: Two dependable workers. Good pay, 5-6 days per week. Job: Sorting & fixing pallets. Tampa/St. Petersburg area. For more information, please call 813-544-2348. 7/30

TEAM LEADER: Southern Gardens Citrus Processing Corp., a subsidiary of U.S. Sugar Corp., has an immediate opening for a Team Leader. Prefer knowledge of general management principals in a team based environment. Prior supervisory experience in fruit or food processing preferred. Computer skills essential. Must be safety and quality oriented; possess good people and leadership skills. Must be willing to work any

DRIVERS: \$2500 SIGN-ON

bonus. FFE is hiring experienced & inexperienced drivers. FREE CDL school for qualified applicants. Call Scott, 800-569-9259. M-F, 8a-6p. Owner operators enjoy free base plates, \$1000 sign-on bonus, avg. 91 cpm. FCAN. 7/23

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OPPORTUNITIES AVAILABLE FOR FEMALES: Train

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The Sun
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FREE AD:

Miscellaneous items for sale under \$2000. Call for info!

Classifieds

Run your ad four consecutive weeks, and the last two weeks are half price!

shift and weekends. Must have excellent verbal and written communication skills. Knowledge of maintenance helpful. Requires strong customer focus. May be assigned to Fruit Receiving; Blending and Evaporation, Shipping and Storage, Feedmill Extraction areas, as needed. If qualified, please send resume or apply at our Employment Office located on W.C. Owen Avenue in Clewiston. U.S. Sugar Corp., P.O. Box 1207, Clewiston, FL 33440; FAX: 941-902-2889. EOE. 7/23

Pahokee, 924-7259. 7/23 996-2690.

Misc. for Sale

MISC. FURNITURE ITEMS, \$75 and under. All in good cond. Call 9963-9205. 7/23

\$0 DOWN ON COMPUTER LEASES!!! Several complete computer systems to choose from - desktop & notebook - color printer, monitor, software included! 3 year onsite factory warranty! Free website & merchants account included for commercial lease computer systems. Perfect for business/personal use. Call 800-577-2289. FCAN. 7/23

FREE CLASSIFIEDS: Any item for sale, priced under \$2000 is FREE...for up to two weeks. One item per ad, price must be included, two ads per customer. Ads will run under our "Miscellaneous Items for Sale" heading. Come by or call *The Sun* at 417 NW 16th Street, Suite 6, Belle Glade, 561-996-4404. tnf

TAKE A PEEK AT what Australian Harley riders wear. So tough, it won't rust. To order a \$5 catalog, call toll-free, 877-OUT-OZ. FCAN. 7/23

STOP JOINT PAIN without drugs or surgery. Sufferers of arthritis, carpal tunnel; fibromyalgia, sciatica. Positive response or money back. Free call, 800-530-5784. FCAN. 7/23

ELECTROLUX sales, service & supplies. Buy now - SAVE! Aug 1 prices increase. Local rep., 924-3450. 7/23

FOR SALE: Dining table, six upholstered chairs, \$150; NordicTrac skil. machine w/handles, \$100; Iron safety step rails for mobile homes, \$10 each; Kenmore heavy duty dryer, \$75; Wood end table, \$10; Folding wooden bridge table, \$25. 996-3573. 7/23

TIMESHARE UNITS & camp-ground memberships. Distress sales - cheap Worldwide selections. Call VACATION NETWORK, US and Canada, 800-543-6173. Free rental information, 954-563-5586. FCAN. 7/23

Lots for Rent**Homes for Rent****CASHIERS WANTED**

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TRAILER LOTS FOR RENT. \$120.00 /month.

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CLASSIFIED AD DEADLINE IS: MONDAY, NOON

Notices*******AUCTION*******

AUCTION

Palm Bch. Co. Sch. Dist.
Mon., Aug. 3, 9AM
38 buses, trucks, vans
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Village of Palm Springs
Sat., Aug. 8, 9AM
Vehicles, equip. & surplus.

Town of Palm Beach
Sat., Aug. 22, 9AM
Vehicles, trucks,
equip. & surplus.
West Palm Beach

Palm Beach County
PBC Sheriff
Sat., Aug. 29, 9AM
Vehicles, trucks,
vans & jewelry.

Florida International Univ.
Sat., Sept. 26, 9AM
Computers, electronics &
surplus.
Miami

JIM GRAHAM AUCTION CO.
561-841-7181
AB156AU1521
7/23

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www.happyjackson.com.
FCAN. 7/23

AKC ROTWEILLER puppies for sale: Male, \$200; Female, \$150. 992-4908. 7/30

FOR SALE: Dining table, six upholstered chairs, \$150; NordicTrac skil. machine w/handles, \$100; Iron safety step rails for mobile homes, \$10 each; Kenmore heavy duty dryer, \$75; Wood end table, \$10; Folding wooden bridge table, \$25. 996-3573. 7/23

PAHOKEE NOW RENTING 1BR..\$238, 2BR..\$280 starting at \$295, 3BR..\$400 per month. Nice & clean apt. building at 314 Rardin Ave. Now accepting Section 8 rent subsidy. Call Parker Apartments at 924-5493 or 924-1959. tnf

PAHOKEE NOW RENTING
1BR..\$238, 2BR..\$280 starting at
\$295, 3BR..\$400 per month.
Nice & clean apt. building at
314 Rardin Ave. Now accepting
Section 8 rent subsidy. Call Parker Apartments at
924-5493 or 924-1959, tnf

Published: The Sun, July 23, 1998

Legal No. 98-93

NOTICE OF GENERAL ELECTION

Notice is hereby given that the City of Belle Glade, Florida will hold a General Election on August 18, 1998, for the position of electing two commissioners, each for a term of three years. There will be one commissioner elected from each of the two districts. One commissioner representing Section "B", the other representing Section "A". The candidate must designate in which seat he or she desires to file and supply proof of permanent residence in either Section "A" or Section "B" of the designated municipal sector and take the oath required of candidates.

The first day for filing as a candidate for election is Tuesday, July 21, 1998, at 5:00 p.m. The final day for filing will be August 14, 1998, at 5:00 p.m. Candidates

must file with the Clerk of the County of Broward, Room 200, 5th Floor, 100 East Broward Boulevard, Fort Lauderdale, Florida 33301.

The election will be held at the First Station, 225 SW 2nd Street, Belle Glade, Florida, and the polls will be open on election day from 7:00 a.m. until 7:00 p.m. No person shall be allowed to vote unless he or she has registered to vote with the County as a municipal elector in the City of Belle Glade.

In the event that no candidate receives a majority of the votes cast for the particular office that such candidate sought, a runoff election will be held on September 1, 1998, between the two candidates who receive the largest number of votes for that particular seat.

Published: The Sun, July 23, 1998

Legal No. 98-94

NOTICE OF PUBLIC AUCTION

The following vehicles will be auctioned off for damages. All sales will be cash.

1. 1989 Chrysler 1C1AJ4XK0J187332 #31976

2. 1994 Chevy 1G1AN0H91E91124862 #31706

3. 1993 Chevy 1G1AN0H91E143608 #22690

4. 1988 Ford 2FAPFK0X0J126860 #22699

5. 1994 Chevy 1G0EG2L5L94107782 #23125

6. 1995 Ford 1FMCAU0UN28372178 #23127

All of the above vehicles are currently stored at the 655 US 27 North location in South Bay, Florida.

Published: The Sun, July 23, 1998

Legal No. 98-95

GLADEVIEW DRAINAGE DISTRICT

BOARD OF SUPERVISORS MEETING

YOU ARE HEREBY NOTIFIED that a Special Meeting of the Board of Supervisors of the Gladeview Drainage District will be held on

Wednesday, July 29, 1998, at 8:00 a.m. at the Gladeview Drainage District, 2000 Royal Palm Road or the Atlantic Mills, 2600 SW 880, Belle Glade, Florida 33430.

The purpose of this meeting is to discuss the SS-A Project and to determine if any person or persons

that may reside before the Board, if any person

resides before the Board, if

Walt Reynolds' fishing report

The fishing has been good this past week on the lake. The biggest problem is not getting caught in a thunderstorm while out on the water. It took right at 25 pounds to win the tournament here this weekend, so that says that there are some quality fish to be caught.

I was on the lake this past week with some friends. We caught some nice fish on Chub Bugs and Berkley Power Worms. Tony Grispino reported that he was catching some nice fish around the rim canal.

The lake is still a little bit high for this time of the year, but it has come down to a level that is easier to fish this time of the year. When there is too much water this time of the year, it makes it very hard to find the fish and keep track of them.

To all a good bite.....
Walt Reynolds
Touring Professional

Fred Taylor signed and ready as Jaguar camp opens July 24

By Philip Korn
Sports Editor

Fred Taylor, former Belle Glade Raider star and standout at the University of Florida, is signed to a sparkling six-year deal and ready to display his wares once the Jacksonville Jaguars camp opens July 24th.

Taylor, drafted ninth in this year's NFL draft, will battle for a starting position and playing time with returning player James "Little Man" Stewart. At 6'1", 227 pounds, Taylor has ideal size and speed for the professional

game, as well as excellent hands.

He is a big skilled runner with great feet and exceptional balance, and should perform at a very high level once he breaks into the starting rotation.

The Jaguars look for Taylor to compete for a starting spot immediately and carry a heavy load for a team that lost Natrone Means to free agency.

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Dolphins sign Avery just in time



By Philip Korn
Sports Editor

The Miami Dolphins opened training camp July 21 with this year's first round draft selection, John Avery, tightly in tow.

Avery signed his name to a 5-year deal July 17th, and Head Coach Jimmy Johnson couldn't be happier. "I'm happy that we were able to sign John prior to the start of training camp. He said, "I've always stressed the importance of players being in camp from the start, particularly rookies."

Avery gives the Dolphins something they've been missing for recent memory, a player who

can break any play open and take it for the distance. Possessing unique speed and elusiveness, Avery's only question mark is his long term durability, since he measures in at only 5'9", 186 pounds. Avery doesn't seem to be phased by the doubters as they've been there since he started out in pee-wee football.

"I plan to be much more than a situational player for the Dolphins," he stated adamantly.

Avery will have his chance to earn his way into a crowded field at halfback, as the Dolphins return many players at the position, including incumbent starter Karim Abdul-

Jabbar and challenger Lawrence Phillips. It will make for excellent competition.

All rookies and first year players are scheduled to report July 21st, as the team opens its 33rd training camp.

The first full practice will be held July 22nd.

Remaining veterans will report on the 24th, with a full squad workout planned for that afternoon.

All practices are open to the viewing public.

The Dolphins open their pre-season schedule August 8th when, they take on the Washington Redskins at Jack Kent Cooke Stadium.

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